

FORGING THE FUTURE:



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Friday FACTS

10 February 2006

"Leadership, Partnership, and Championship"

Crews Into Shape

Got "Crews" Questions?

One "Crews" Member asks-

Q#1: Does my yoga class count?

Q#2: Does the Monday, Wednesday, Friday morning command PT and Tuesday and Thursday afternoon FEP count?

Responses from Diana Settles, MAT, ATC, NEHC Program Manager for Physical Fitness & Injury Prevention:

Q#1: "I think yoga would be an excellent addition to a cardiovascular or muscular strengthening program, but I would not include this as the 30 minutes of muscular or aerobic conditioning exercise defined in the Crews into Shape campaign."

Q#2: "Yes, if the individual is conditioning with the command either aerobically or muscularly, then this exercise time counts towards the Crews into Shape required exercise points. Kudos to [this] command for performing command PT 3 times a week!"

Send your "Crews" questions to us at

<mailto:crewsintoshape@nehc.mar.med.navy.mil>



SHARPNews -
CDC's HPV Materials and
Webcast Available

CDC's HPV posters and brochures for the general public are now available for free online ordering. They can be ordered in English and Spanish at https://www2a.cdc.gov/nchstp_od/piweb/stdorderform.asp (scroll down to bottom of publication list). Please share this ordering information with interested programs/colleagues.

In the meantime, a few other HPV updates from CDC:

- ➔ CDC's HPV Resource Guide for health care providers (tested in 2005; see <http://www.cdc.gov/std/hpv/provider-materials.htm>) is in clearance and should be available in print and electronic formats in 2006.
- ➔ CDC has also developed a patient booklet for women who had a Pap Test and HPV Test (entitled "*What you Should Know about Your Pap and HPV Test Results*"), which will be tested with target audiences (i.e., 30-65 year-old women who've received a positive HPV test result) in the coming months. We will publish the materials-testing report (that includes examples of tested materials) online in 2006, and expect to have a CDC-branded, audience-tested patient booklet available for ordering or downloading from the Internet soon thereafter.
- ➔ A free webcast on *HPV Vaccination: Rationale to Implementation* will air on March 7, 2006. This webcast is a presentation of the Cincinnati STD/HIV Prevention Training Center, in collaboration with the Denver STD/HIV Prevention Training Center. It is intended primarily for clinicians who treat patients at risk for STDs. For more information and registration, please visit <http://stdptc.uc.edu/hpv.htm>.



The secret of success is constancy to purpose.

Benjamin Disraeli

**Crews into Shape is a Top
Story DON-wide on Navy
NewsStand - The Source
for Navy News**



Looking for further media ideas to promote Crews into Shape at your command and on your base? Go to:

<http://www.news.navy.mil/index.asp> for the latest DON-wide coverage to share with others!



Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish.

John Quincy Adams

